



School Health Advisory Council Meeting

April 24, 2018

4:15 p.m.

Members Present:

Cindy Barrera
Hannah Burleson
Adrian Cabrera
Cherie Camacho
Brian Chavez
Rita Garcia
Nancy Hernandez
Ana Holland
Audrey Pena
Kristie Plattner
Cindy Salazar - Collier
Paula Sanchez
Craig Smith
Laura Stathopoulos

Members Absent:

Isabel Alaniz
Julie Breedlove

Johnathan Bodden
Stephanie Cadengo
Nicholas Camacho
Edith Carreto
Elisheba Casey
Robyn Dunkin
Athit Farias
Rhonda Ferrone
Dr. Lisa Garcia
Monica Garza
Ana Gonzalez
Melissa Gonzalez
Tracey Kriegbaum
Henry LeVrier
Michelle Lopez
Ralf Lopez
Abbie Mahan
Brenda Martinez
Esotarya Mitchell

Gabriella Murchison
Ana Laura Ochoa-Loera
Pablo Pena
Laura Perez
Kirstie Ramirez
Agustina Reams
Hugo Rivera
Gabriela Sanchez
Dina Silva
Mayra Trujillo
Lindsey Zimmerman
Connie Trevino

Others Present

Gilbert Rodriguez
Mary Chavez
Jaime Infante

I. Welcome

Mrs. Holland welcomed the School Health Advisory Council (SHAC) members to the last meeting of the school year.

II. Campus Health and Wellness Update

Campus health and counselor leaders provided an update on the progress on the health and wellness activities at the campus. Gilbert Rodriguez provided an overview of the *FitnessGram*, *CATCH My Breath*, and *Big Decisions* programs as he provided an update on each program (see attached power point). Craig Smith and Hannah Burleson, Derry Elementary PE teachers, Nancy Hernandez, Garriga Elementary PE teacher and Jaime Infante, Athletic Director provided updates on each campus' *FitnessGram*. The elementary PE teachers also provided updates on the elementary field days.

a. *FitnessGram*

Port Isabel High School completed *FitnessGram* testing in December and compiled the data for parents and students to review. Overall, the girls outperformed the boys in most areas. There were concerns about certain portions of the tests that could have been more rigorous. In addition, testing the high school students in December yielded a higher completion ratio and increased results overall.

Port Isabel Junior High School, Garriga Elementary, and Derry Elementary completed *FitnessGram* testing this spring. PE teachers are awaiting access to the platform to upload the data before students and parents have access. There were definite increases in specific areas and most students improved their performance.

A BlackBoard notice will be sent to parents about the availability of the results, as health and wellness continues to be focus area for the District.

b. *CATCH My Breath*

Gilbert Rodriguez provided an update on the *CATCH My Breath* (e-cigarette awareness) program that would begin on April 25, 2018 in all PE classes. Students set to participate in the program returned their signed permission slip, as it was optional. Port Isabel High School PE classes will also begin the *CATCH My Breath* program in early May.

c. *Big Decisions*

Gilbert Rodriguez provided an update on the *Big Decisions* program provided to all sixth grade students during PE in February. Out of 168 sixth grade students 126 participated (75%) in the program. Students participated in the lessons and asked questions throughout the process.

d. *Growing Up*

Cindy Barrera and Laura Stathopoulos provided an update on the *Growing Up* program. Fourth and fifth grade students will be separated into two groups (boys and girls) in order to learn about their bodies and the changes occurring. Sessions begin in May. Students have many questions.

During the overview, members recommended beginning these sessions in 3rd grade as students' bodies are changing much earlier. They also explained that students have questions.

e. Elementary Field Days

The elementary PE teachers provided an overview of the elementary field days, which occurred at Tarpon Stadium. Overall, the teachers described the event as a success due to the students' excitement about participating in a small-scale track meet. The PE teachers expressed gratitude for the support from the high school students and recommended that next year student athletes assist with the events. There were a couple of concerns with concession stands and allowing items into the stadium. There were also concerns about ensuring equity in the parent participation on the field. However, the teachers believed this would improve next year. They are all looking forward to next year's events.

III. Point Isabel ISD Valley Baptist Medical Center (VBMC) Diabetes Screening Update

Mrs. Holland explained that the District had not received an update with final numbers from VBMC; therefore, an update would be forthcoming. The members did discuss that there seemed to be a reduction in participation numbers so it would be interesting to see the actual counts. Members also discussed that there were complaints about the results of the diabetes screening on social media. Many of the complaints related to the obesity range utilized by VBMC, which categorized numerous students as obese. Cherie Camacho, Garriga Elementary nurse, shared that there were often complaints about diabetes screening even before VBMC began this screening process. However, the greater concern is the number of students at-risk of diabetes. Members discussed possible solutions to the decline in numbers, such as social media notices; parent sessions prior to the screening, and testimonials by parents and students previously supported by VBMC because of the screening process.

Members also shared concerns about the number of students bringing large bags of Hot Cheetos, Takis, and other spicy chips to school. An additional concern was that most students finish the large bag within the lunch period. Members also discussed the high number of students receiving a fast food lunch item daily at all campuses. Members discussed the possibility of the SHAC eliminating the possibility of bringing outside lunch to students and/or bags of spicy chips. However, this discussion led to a discussion about how this would affect teachers and their ability to bring in outside food and spicy chips, as well as items sold in the concession stands or other activities. The members determined that this would be a topic for next year in SHAC.

IV. *It's Time Texas Community Challenge Update*

Cindy Salazar-Collier from *It's Time Texas* provided an overview of the health and wellness gains attained by the District through the *It's Time Texas Community Challenge* (see attached). The District ranked 2nd in the Extra Small Districts, which was amazing for the first year of participation. Mrs. Holland shared some best practices learned at the awards recognition, which included collaborating with the health and wellness director from the city and engaging the high school students in the process, as well as local gyms, Zumba instructors and medical organizations. One goal for next year is to invite the health and wellness director from each community to participate in SHAC.

V. *It's Time Texas Healthy Texas Week*

Josie Torres shared the information about the *It's Time Texas Healthy Texas Week*. Healthy Texas Week is a weeklong celebration of healthy living in the Lone Star State. Point Isabel ISD committed to join on May 7th - 13th by planning fun ways to shop healthier, sweat more, and share throughout the week on social media with the hashtag #HealthyTexasWeek! Individuals can also commit to promoting health and wellness by following the directions below and posting healthy activities on social media with the hashtag #HealthyTexasWeek! Each time an individual posts a healthy activity with the hashtag #HealthyTexasWeek, his/her name is submitted for the daily drawings. This is open to all community members. She closed by sharing the information on how to get involved below.

- Visit www.healthytexasweek.com
- Commit to Healthy Texas Week on the website
- Plan fun ways to shop and sweat throughout the week and share photos of your healthy actions on Facebook, Twitter and Instagram with the hashtag #HealthyTexasWeek

VI. Character Education for Secondary – *2 Words Character Development*

Coach Infante shared his goal of incorporating character education into athletics and PE at the secondary level. After researching several character education programs, he shared the program that he believed would best serve the students' and teachers' needs, *2 Words Character Development*. Coach Infante explained that the program included curriculum, lessons, videos and a parental component to extend learning at home. He also presented a sample lesson from *2 Words Character Development*, which can be found at the following link: <https://2words.tv/?msID=81aef111-7b23-4251-a33f-992ad67051d0>. Additionally, the owner of *2 Words Character Development* also highlights each District implementing the program, by videoing one segment in the District. Coach Infante also explained that the curriculum was not just for athletes and noted districts implementing school-wide. After viewing a couple of lessons and listening to Coach Infante's remarks, members provided feedback. Brian Chavez shared that he thought it would benefit students and would keep their interest. Mrs. Platner supported the implementation of the program, and it would help teenagers to hear these messages from another source than parents and teachers. Other members agreed that it would be beneficial and aid in the development of productive members of our community. Coach Infante recommended the bi-monthly program, which would be less than \$2,000 for both secondary campuses.

VII. Certificates

Mrs. Holland thanked the members for their support in improving the health and wellness of the District and community. She distributed certificates to SHAC member in attendance and shared that they would be continuing their improvement of the health and wellness of students and the community.

VIII. Adjournment